Washington Seniors Wellness Center Calendar for JANUARY 2022

On Zoom: 1 301-715-8592 or 1 646-558-8656 Meeting ID: 928 7552 9202 Password: 083339

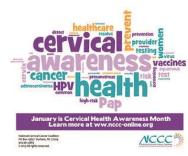
## **HAPPY NEW YEAR!!!**

## **Blood Donor Month**



\*Subject to Change

## **Cervical Health Awareness**



Monday	Tuesday	Wednesday	Thursday	Friday
3	4	5	6	7
10:00am - 10:45am	9:00am - 10:00am	10:00am - 10:45am	9:00am - 9:45am	9:00am - 10:00am
Chair Yoga/Mindfulness	Body Drill Conditioning	Chair Yoga/Mindfulness	Zumba Gold with	Body Drill Conditioning
Meditation with Tawana	w/ Rodney Jordan	Meditation with Tawana	Michelle	w/ Rodney Jordan
On Zoom	On Zoom	On Zoom	On Zoom	On Zoom
11:30 am - 12:30pm	10:00am-10:30am	11:30am-12:30pm	10:00am-10:45am	1:00pm - 2:00pm
Chatting with Katherine	Community Session w/	Active Living Everyday w/	Cardio-Lite/Strength &	Enhance Fitness w/
(BEEDL) (WSWC	Shymee	Romunda Ings	Resistance w/ Linda	Tawana
member)	Giant Food w/ Melanie	On Zoom	Grymes YMCA Fit & Well	On Zoom
On Zoom	Berdyk		Seniors	
	Topic: Intermittent	1:00pm - 2:00pm	ID: 861-3709-9516	2:00pm to 3:00pm
1:00pm - 2:00pm	Fasting	Enhance Fitness w/	Or call 301-715-8592	Bingo
Enhance Fitness with	On Zoom	Tawana	On Zoom	On Zoom
Tawana		On Zoom		(Electronic Card
On Zoom	10:30am-11:00am		10:00am - 11:00am	Emailed w/ Monthly
	Community Session	1:00 pm – 2:00 pm	Community Session w/	Calendar or Call the
5:00 pm- 6:30pm	SNAP w/ Chef Herb	Sibley Club Memory	Shymee	Office to Get a Copy
Fitness w/ Rodney Jordan	Topic: Homemade	ID: 975-5829-0633		Mailed)

Monday	Tuesday	Wednesday	Thursday	Friday
On Zoom	Chicken Noodle Soup Good for Cold & Flu Season On Zoom  11:00am - 12:00pm WSWC Members Assembly Meeting On Zoom (Use Breakout Room)  11:30am-12:30pm Active Living Everyday w/ Romunda Ings On Zoom  1:30pm-2:30pm Tai Chi w/ Jerry Simpson YMCA Fit & Well Seniors ID: 843-3351-8802 Or call 301-715-8592 On zoom  1:30pm - 2:30pm Spanish Class with Gwen McLaughlin On Zoom	Or call 301-715-8592 On Zoom  5:00 pm- 6:30pm Fitness w/ Rodney Jordan On Zoom	Insurance Specialist Karen Bernola Topic: Life Insurance & Medicare Advantage Plans On Zoom  11:30am-12:30pm Active Living Everyday w/ Romunda Ings On Zoom  1:30pm-2:30pm Tai Chi w/ Jerry Simpson YMCA Fit & Well Seniors ID: 843-3351-8802 Or call 301-715-8592 On zoom  1:45pm - 2:20pm Health Dialogue w/ DeLois Botts On Zoom	IN-PERSON ACTIVITIES ON ZOOM UNTIL FURTHER NOTICE. MEALS GRAB-AND- GO 11:00am-1:00pm  Please call WSWC Director: Ms. Anderson with any questions 202-631- 3716
10 10:00am - 10:45am	9:00am - 10:00am	12 10:00am - 10:45am	9:00am - 9:45am	9:00am - 10:00am
Chair Yoga/Mindfulness Meditation with Tawana On Zoom	Body Drill Conditioning w/ Rodney Jordan On Zoom	Chair Yoga/Mindfulness Meditation with Tawana On Zoom	Zumba Gold with Michelle On Zoom	Body Drill Conditioning w/ Rodney Jordan On Zoom
11:30 am - 12:30pm Chatting with Katherine (BEEDL) (WSWC	10:00am-11:00am Community Session w/ Shymee	10:00am-11:00am  Nutrition Consultation w/ Shymee	10:00am-10:45am Cardio-Lite/Strength & Resistance w/ Linda	11:00am-12:00pm Art SWAG Works DC w/ Lisa Greene-Clarke

Monday	Tuesday	Wednesday	Thursday	Friday
member)	Office of the Peoples	On Zoom	Grymes YMCA Fit & Well	On Zoom
On Zoom	Counsel w/ Jean Bethel		Seniors	
	<b>Topic: Utility Companies</b>	11:30am-12:30pm	ID: 861-3709-9516	1:00pm - 2:00pm
1:00pm - 2:00pm	On Zoom	Active Living Everyday w/	Or call 301-715-8592	Enhance Fitness w/
Enhance Fitness with		Romunda Ings	On Zoom	Tawana
Tawana	10:00am-2:00pm	On Zoom		On Zoom
On Zoom	Legal Counsel for the		10:00am-1:00pm	
	Elderly w/ Bruce Rathbun	1:00pm - 2:00pm	Technology & Crafts w/	2:00pm to 3:00pm
5:00 pm- 6:30pm	(Please Call to Register)	Enhance Fitness w/	Francis Gregory Librarian	Bingo
Fitness w/ Rodney Jordan	11:30am-12:30pm	Tawana	Margarette Snow	On Zoom
On Zoom	Active Living Everyday w/	On Zoom	In Center	(Electronic Card
	Romunda Ings			Emailed w/ Monthly
	On Zoom	1:00 pm – 2:00 pm	10:00am-11:00am	Calendar or Call the
		Sibley Club Memory	Emergency Management	Office to Get a Copy
	1:00pm-2:00pm	ID: 975-5829-0633	w/ Mr. Cruz	Mailed)
	WSWC Orientation	Or call 301-715-8592	Topic: Conversations w/	
	w/ Shymee	On Zoom	DACL and Community	
	In Center		Partners Preparing for	
		2:30-3:30pm	Emergencies	
	1:30pm-2:30pm	Visual Arts Class w/	On Zoom	
	Tai Chi w/ Jerry Simpson	Candice Napper		
	YMCA Fit & Well Seniors	On Zoom	11:30am-12:30pm	
	ID: 843-3351-8802		Active Living Everyday w/	
	Or call 301-715-8592	5:00 pm- 6:30pm	Romunda Ings	
	On zoom	Fitness w/ Rodney Jordan	On Zoom	
		On Zoom		
	1:30pm - 2:30pm		1:30pm-2:30pm	
	Spanish Class with		Tai Chi w/ Jerry Simpson	
	Gwen McLaughlin		YMCA Fit & Well Seniors	
	On Zoom		ID: 843-3351-8802	
			Or call 301-715-8592	
			On zoom	
			1:45pm - 2:20pm	
			Health Dialogue	
			w/ DeLois Botts	
			On Zoom	

Monday	Tuesday	Wednesday	Thursday	Friday
			2:30pm-3:30pm Nutrition Education w/ Shymee Topic: Benefits of a Fiber Enriched Diet In Center/On Zoom	
17	18	19	20	21
WSWC CLOSED MLK OBSERVED!!	9:00am - 10:00am Body Drill Conditioning w/ Rodney Jordan On Zoom	10:00am-11:00am Nutrition Consultation w/ Shymee On Zoom	9:00am - 9:45am  Zumba Gold with  Michelle  On Zoom	9:00am - 10:00am Body Drill Conditioning w/ Rodney Jordan On Zoom
Martin Luther King Jr. Day	10:00am-11:00am Community Sessions w/ Shymee Colorectal Cancer Prevention in the Neighborhood w/ Lynel McFadden Topic: Importance of Screening for Colorectal Cancer	11:30am-12:30pm Active Living Everyday w/ Romunda Ings On Zoom  1:00pm - 2:00pm Enhance Fitness w/ Tawana On Zoom	10:00am-10:45am Cardio-Lite/Strength & Resistance w/ Linda Grymes YMCA Fit & Well Seniors ID: 861-3709-9516 Or call 301-715-8592 On Zoom  10:00am-11:00am	10:00am-11:00am Program Director's Meeting On Zoom  11:30am-12:30pm WSWC Members Book Club On Zoom
	On Zoom  10:00am-2:00pm Legal Counsel for the Elderly w/ Bruce Rathbun (Please Call to Register)  11:30am-12:30pm Active Living Everyday w/ Romunda Ings On Zoom  1:30pm-2:30pm	1:00 pm - 2:00 pm Sibley Club Memory ID: 975-5829-0633 Or call 301-715-8592 On Zoom 5:00 pm- 6:30pm Fitness w/ Rodney Jordan On Zoom	NMAAHC w/ Lisa Crawley & Hannah Scruggs Topic: Genealogy (Ancestors & Burial Practices in the Black Community) On Zoom  11:30am-12:30pm Active Living Everyday w/ Romunda Ings On Zoom	1:00pm - 2:00pm Enhance Fitness w/ Tawana On Zoom  2:00pm to 3:00pm Bingo On Zoom (Electronic Card Emailed w/ Monthly Calendar or Call the Office to Get a Copy Mailed)
	Tai Chi w/ Jerry Simpson		1:30pm-2:30pm	

Monday	Tuesday	Wednesday	Thursday	Friday
	YMCA Fit & Well Seniors		Tai Chi w/ Jerry Simpson	
	ID: 843-3351-8802		YMCA Fit & Well Seniors	
	Or call 301-715-8592		ID: 843-3351-8802	
	On zoom		Or call 301-715-8592	
			On zoom	
	1:30pm - 2:30pm			
	Spanish Class with		1:45pm – 2:20pm	
	Gwen McLaughlin		Health Dialogue	
	On Zoom		w/ DeLois Botts	
			On Zoom	
			2:30pm-3:30pm	
			Nutrition Education w/	
			Shymee	
			On Zoom	
24	25	26	27	28
10:00am-11:00am	9:00am - 10:00am	10:00am-11:00am	9:00am - 9:45am	9:00am - 10:00am
A Conversation with	Body Drill Conditioning	Nutrition Consultation w/	Zumba Gold with	Body Drill Conditioning
DHCF w/ DACL Brittany &	w/ Rodney Jordan	Shymee	Michelle	w/ Rodney Jordan
Alice Thompson/	On Zoom	On Zoom	On Zoom	On Zoom
Outreach Specialists				
Topic: DHCF Dual Choice	10:00am-2:00pm	11:30am-12:30pm	10:00am-10:45am	10:00am-11:00am
Program	Legal Counsel for the	Active Living Everyday w/	Cardio-Lite/Strength &	Program Director's
On Zoom	Elderly w/ Bruce Rathbun	Romunda Ings	Resistance w/ Linda	Meeting
	(Please Call to Register)	On Zoom	Grymes YMCA Fit & Well	On Zoom
11:30 am - 12:30pm			Seniors	
Chatting with Katherine	10:00am-11:00am	1:00pm – 2:00pm	ID: 861-3709-9516	11:30am-12:30pm
(BEEDL) (WSWC	Community sessions w/	Enhance Fitness w/	Or call 301-715-8592	WSWC Members Book
member)	Shymee	Tawana	On Zoom	Club
On Zoom	A Conversation with	On Zoom		On Zoom
	Department of Energy &		10:00am-10:45am	
1:00pm - 2:00pm	DACL w/ Jennifer & Alice	1:00 pm – 2:00 pm	American Red Cross	1:00pm – 2:00pm
Enhance Fitness with	Thompson	Sibley Club Memory	Topic: Blood Donor	Enhance Fitness w/
Tawana	Topic: Weatherization	ID: 975-5829-0633	Month & The	Tawana
On Zoom	Programs & Utility	Or call 301-715-8592	Importance of Donating	On Zoom
	Discounts	On Zoom	Blood	
2:00pm to 3:00pm	On Zoom		On Zoom	2:00pm to 3:00pm

Monday	Tuesday	Wednesday	Thursday	Friday
Bingo		2:30-3:30pm		Bingo
On Zoom	11:30am-12:30pm	Visual Arts Class w/	11:30am-12:30pm	On Zoom
(Electronic Card	Active Living Everyday w/	Candice Napper	Members Assembly	(Electronic Card
Emailed w/ Monthly	Romunda Ings	On Zoom	Executive Board Meeting	Emailed w/ Monthly
Calendar or Call the	On Zoom		On Zoom (Use Breakout	Calendar or Call the
Office to Get a Copy		5:00 pm- 6:30pm	Room)	Office to Get a Copy
Mailed)	1:30pm-2:30pm	Fitness w/ Rodney Jordan		Mailed)
	Tai Chi w/ Jerry Simpson	On Zoom	11:30am-12:30pm	
5:00 pm- 6:30pm	YMCA Fit & Well Seniors		Active Living Everyday w/	
Fitness w/ Rodney Jordan	ID: 843-3351-8802		Romunda Ings	
On Zoom	Or call 301-715-8592		On Zoom	
	On zoom			
			1:30pm-2:30pm	
	1:30pm – 2:30pm		Tai Chi w/ Jerry Simpson	
	Spanish Class with		YMCA Fit & Well Seniors	
	Gwen McLaughlin		ID: 843-3351-8802	
	On Zoom		Or call 301-715-8592	
			On zoom	
			1:45pm - 2:20pm	
			Health Dialogue	
			w/ DeLois Botts	
			On Zoom	
			2:30pm-3:30pm	
			Nutrition Education w/	
			Shymee	
			On Zoom	
31				
11:30 am - 12:30pm				
Chatting with Katherine				
(BEEDL) (WSWC				
member)				
On Zoom				
1.00nm 2.00nm				
1:00pm - 2:00pm				
Enhance Fitness with				

Monday	Tuesday	Wednesday	Thursday	Friday
Tawana				
In Center				
2:00pm to 3:00pm				
Bingo				
On Zoom				
(Electronic Card				
Emailed w/ Monthly				
Calendar or Call the				
Office to Get a Copy				
Mailed)				
5:00 pm- 6:30pm				
Fitness w/ Rodney Jordan				
On Zoom				